



Social Determinants of Health:

The Connection Between Housing and Children's Mental Health

The bottom line.

Housing instability often lasts for years, impacting children for a lifetime.

Why does this matter?

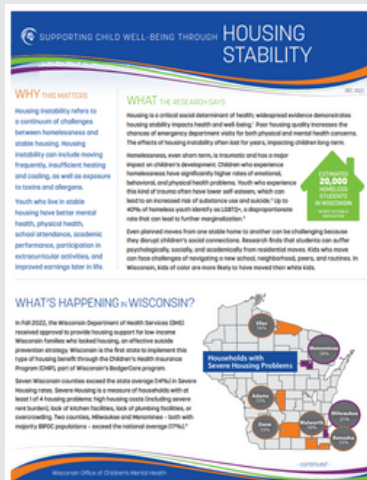
In Marathon County from 2017-2021, 41.8% of renters spent 30% or more of their household income on rent. County Health Rankings states, "As housing costs have out-paced local incomes, households not only struggle to acquire and maintain adequate shelter, but also face difficult trade-offs in meeting other basic needs. This can, in turn, lead to increased stress levels and emotional strain."

Tell me more.

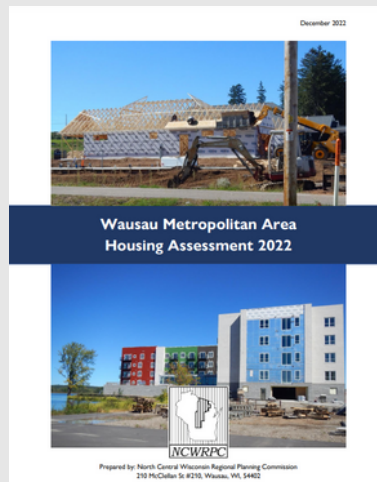
Homelessness, even short-term, is traumatic and has a major impact on children's development. Children who experience homelessness have higher rates of emotional, behavioral, and physical health problems as well as lower self-esteem leading to an increased risk of substance use and suicide.

Tools that tell the story.

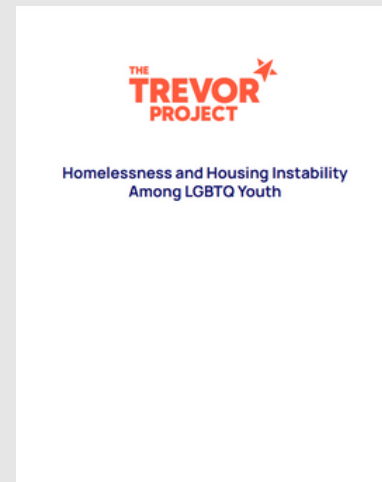
Supporting Child Well-being Through Housing Stability



Wausau Metro Area Housing Assessment 2022



The Trevor Project: Housing Instability for LGBTQ Youth



Where can I find help?

For assistance in accessing housing resources in Marathon County, call United Way 211.